



# THE DREAM • ATTUNEMENT



1) Bullets can be performed in any order, repeated or skipped

### ❖ Enjoying the Shadow

1. I heal my lack of thankfulness  
my/subject's illuminating condition  
 which is subtly disrupting (my/our) waste  
blood  
transport not letting go of negativity  
flow patterns\*\*

2. **Shadow aspects:** This condition makes ridiculous, incapable of finding love we are seeking inside  
(me/us) duality word(s)/emotion(s)/injury(s)/other

3. **Light aspects:** These shadow aspects bring stillness of the mind  
 out (my/our) light through duality word(s)/  
divine attribute(s)/other still

4. **Healing:** "I can be still  
same light attributes (#3)  
 without being challenged by ridiculousness  
illuminating  
condition(s)(#1)/Shadow aspects (#2).

### ❖ I'm Good Enough to be Great

I subconsciously create illuminating condition,  
 which is toxic to my (mind/heart/liver), because  
 my (shame/guilt) regarding subject makes  
 me feel unworthy of greatness.



\*BLOOD FLOW PATTERNS: Oxygen transport, Carbon dioxide transport for excretion, Nutrient, Ion & water transport, Waste transport, Hormone transport, pH regulation, Regulation of body temperature and cell water content, Regulation of fluid loss through clotting, Combats foreign microbes and toxins

\*\*EGO'S USE OF SUBCONSCIOUS: Powerlessness, Physical Issues, Anxiety, Depression, Addiction, Compulsion, Hyper-vigilance, Bad Dreams, Sleep Issues, Energy, Trauma, Inward Word

### ❖ The Illusion

Either or both bullets can be performed

❖ I understand that not being able to solve ridiculousness  
previously unsolvable problem is just an illusion  
 that (I/we) hold on to because solving it  
 would be embarrassing as others might  
 perceive (me/us) as expressive, inspired  
duality word(s)/divine  
attribute(s). desire to be ourselves  
create space of love for others

❖ I take myself out of my Zen using ego's use of  
subconscious\*\* to make it harder to embrace  
 my path so I don't feel emotion(s)/inward  
word(s)/demoralized word(s) (about/by) my  
 rejection of subject

2)  :  then 